

We Sell Other Things, Too, But Our

Mountain Ash Jellico and and New Diamond COALS,

Make Daily for Us Satisfied Customers all Over
The County.

STUART & O'BRIEN

Directly Opp. L. & N. Depot.

SEE

L. SALOSHIN

For All the Leading Brands of
Whiskies, Wines and Brandies...

I carry a large line of all kinds of Whiskies
bottled in bond:

VanHook, Old Pepper,
Mellwood, Sam Clay
and Chicken Cock.

Fine old Cherry Wine, old Port Wine, Black-
berry Wine, Duffy's Perre Malt Whisky, best \$2
per gal. VanHook Whisky in Paris, Bavarian ex-
port bottled Beer, 5c per bottle.

Sandwiches of all kinds, 5c each.

L. SALOSHIN,

Both Phone—Home 255; E. Tenn. 29.
Corner Main and Seventh, Paris, Ky.

THE

"Middle Stable."

'Phones 31.

Having consolidated my two Livery Stables, I
can be found in the future at the "Middle Stable,"
where we will be able to furnish the best of Livery
of all kinds at reasonable charges.

Horses boarded by day, week or month.

Special attention given to furnishing of carriages
for Parties, Balls, Funerals, Etc.

Wm. Hinton, Jr.

EXECUTOR.

ADMINISTRATOR.

Lexington Banking and Trust Co.

Cor. Market and Short Streets,
Lexington, Ky.

Capital Stock.....\$ 600,000 00
Stock Holders' Liabilities..... 600,000 00

Protection.....\$1,200,000 00

Our facilities for meeting the wants of pres-
ent and prospective customers are equal to any
in the State. We invite you to call.

3 per cent. interest on time and
savings deposits.

Largest combined Bank and Trust Company
in the State.

GUARDIAN

TRUSTEE.

FOR RENT.

Five nicely furnished rooms for rent,
for gents. Central location.

M. L. WOODS.

I have a large stock of the famous
Block Gas Lamps. Lamp and mantel
complete, only 50 cents.

J. J. CONNELLY.

William's Kidney Pills.

Have you neglected your Kidneys
Have you overworked your nervous
system and caused trouble with your
Kidneys and Bladder? Have you
pains in the loins, side, back, groins
and bladder? Have you a flabby ap-
pearance of the face, especially under
the eyes? Too frequent desire to pass
urine? If so, William's Kidney Pills
will cure you. Sample free. By mail
50 cents. Sold by Oberdorfer.

WILLIAMS MFG. CO., Props.,
Cleveland, O.

"A calloused hand is better than a cal-
loused heart.

William's Carbolic Salve With Arnica
and Witch Hazel.

The best Salve in the world for
Cuts, Bruises, Sores, Ulcers, Salt
Rheum, Tetters, Chapped Hands, and
all skin eruptions. It is guaranteed
to give satisfaction, or money re-
funded. Price 25c by Druggists.

WILLIAMS MFG. CO., Props.,
Cleveland, O.

For sale by Oberdorfer.

If you will try a case of the famous
Lion Beer, the best on earth, and are
not pleased with it we will gladly re-
fund your money. All doctors recom-
mend this beer for family use and for
convalescents.

T. F. BRANNON,
(3jy2mo) Agent Lion Brewing Co.

SOUTHERN RAILWAY.

Shortest and Quickest Route

—TO—
ST. LOUIS AND THE WEST.

Two fast trains daily running
through solid from Danville to St.
Louis without change, with connect-
ing cars from Lexington as follows:

Lv. Lexington 5.45 am.
Lv. Danville 5.30 am.
Lv. Louisville 9.00 am.
Ar. St. Louis 6.12 pm.

Lv. Lexington 5.00 pm.
Lv. Danville 5.45 pm.
Lv. Louisville 10.15 pm.
Ar. St. Louis 7.32 am.

Vestibuled Coaches and Observa-
tion Cafe and day trains, Pullman
sleeper and Free Reclining Chair Car
on night train in connection with

Queen & Crescent Route

Most direct line to Chattanooga,
Atlanta, Knoxville, Charleston, Flor-
ida and all Southern points, including
Asheville, N. C., and the beautiful
"Land of the Sky" and "Sapphire"
country.

Send two-cent stamp for "Land of
the Sky" booklet and other illus-
trated literature.

W. G. Morgan, D. T. A., Lexing-
ton, Ky.
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C. H. Hungerford, D. P. A., Louis-
ville, Ky.
G. B. Allen, A. G. P. A., at St.
Louis, Mo.

REST AND EXERCISE.

UNDERWORK IS QUITE AS HARMFUL
AS OVERWORK.

An Excess of Repose Brings About a
Loss of Energy—To Be Beneficial
Exercise Should Be Stimulative and
Not Exhaustive.

Underwork is quite as harmful as
overwork. But proper rest is of ex-
ceeding importance. Any excess of
work decreases instead of increases
strength. When muscles work heat is
generated. They burn among the prod-
ucts of their combustion, being car-
bonic and some other acids. Now,
these acids hinder further action, as
the product of the combustion of coal
—ashes—deadens a fire. The sensation
we experience from this physiological
clogging is fatigue—nature's warning
to rest or suffer the consequences. If,
when fatigue is felt, further action
ceases, the blood impregnating the
muscles carries away their products.
Fatigue then disappears and the mus-
cles are in condition to renew their
activity. So periods of rest after ex-
ertion are absolutely necessary.

In some muscles, like those of the
heart and breathing organs, the periods
of rest between the rhythmical efforts
balance the effects of the efforts; hence,
in our normal condition, our heart and
lungs never feel tired.

There is every reason to believe that
when fatigue is profound and too fre-
quently repeated renovation is not
thorough, and there is consequently a
loss of strength.

Constant physical strain, even though
it be slight, saps nervous force. To
feel well more energy must be formed
than is expended. Now, while work,
by stimulating the heart and lungs,
produces energy, at the same time it
expends it, yet during work more en-
ergy is necessarily expended than is
formed. Energy accumulates in the
rest after work, but only when rest is
sufficient will the total energy formed
exceed the total expended. When work
is excessive rest cannot be sufficient
and we have a loss of energy.

On the other hand, if rest be exces-
sive, as when one works too little, we
still have a loss of energy, for in this
case, although the expenditure is com-
paratively slight, it is constant, and it
is not fully reformed, because there is
little stimulation of the sources of en-
ergy.

Unless rest has been preceded by
work, but little energy forms in quies-
cence.

To be beneficial, exercise should be
stimulative and not exhaustive. Let
me explain just what I mean. An ex-
ercise is stimulative when the fatigue
caused by it is partial and is at the
same time exciting enough to attract
much nutriment and oxygen to the
parts involved. Thus will the gain ex-
ceed the loss. All vigorous exercises
are stimulative. They cannot be ex-
haustive, for, being vigorous, they re-
quire in their performance fairly fresh
muscles. One has to discontinue such
exercise when but partially tired. They
are stimulative, because the blood flow
to parts vigorously exerted is far great-
er and more prolonged than would be
the blood flow to parts slightly ex-
erted. Exhaustive exercises are those
that are prolonged for many hours, and
these, not being vigorous, may be con-
tinued to the point of extreme fatigue.

Economy of energy, which we hear so
much about, is desirable only when one
performs as much work as he should
and when, therefore, any excess is in-
jurious. Such a one may acquire the
habit of resting. He should, when he
can, at odd times during the day, thor-
oughly relax himself, learn to take
things easy. Do not rush and tear
when mere habit is the only excuse for
it. Some persons go always as though
for a doctor or to catch a train. Delic-
ate women, oppressed with the strain
of housework, would be benefited by
breaking their work with occasional
intervals of rest. They should sit when
not obliged to stand and lean back in
a chair when they need not be bolt up-
right.

As to the amount of sleep required
by the average man, I think that seven
hours is sufficient. Some constitutions
may need an hour more; some may do
with an hour less. Growing youths and
children require ten or twelve hours' sleep.
A fairly good general rule is to
go to bed at such a time that you can
get up at the necessary hour without an
alarm clock.

It is not hard work, but overwork,
that kills. Severe work should not be
practiced more than three-quarters of
an hour three times a week. Easier
exercises may be done every day.

If one wishes health and long life he
should not force himself to work after
he is fatigued by exercise, and he
should never attempt anything that is
beyond his strength. If it be true that
"grinding" is wearing, it is indisputable
that proper exercise is vitalizing and
conduces more than all else to a
long and vigorous life.

The length of time required by
proper exercise is insignificant, half
an hour three times a week of real
work being sufficient. Let the business
or professional man who has no time
for a gymnasium keep two or three
pairs of moderately heavy dumbbells

Insure with W. O. Hinton. He
has the right kind of insurance

under his bed. Let him exercise with
these in various ways. He may also,
if he can spare the time, perform some
of the many different home exercises.
Nor is there anything to prevent his
hanging a punching bag in an open
doorway. If he will not run in the
street he can run up and down his
own stairs, taking two steps at a time,
and thus finely exercise his legs and
lungs.—G. Elliot Flint in New York
World.

Reversal.

Effeminate Youth—I dare say you
think I'm too talkative? Manly Maid—
Not for a woman.—Lippincott's Maga-
zine.

WOODEN CHECKS.

Tallies Were Used in England Until
the Year 1834.

Wooden checks are the sort of thing
one would expect to find used in China
or Tibet, but, as a matter of fact, they
were used in England from the earliest
times down to as late as 1834.

Tallies, as they were called, were
made out of a curved piece of hazel,
notches being cut along the edges to
stand for a certain sum of money. The
tally was then sawed half through
below the lowest notch and the notched
part split into two pieces, on both
of which the notches appeared.

These pieces served as check and
counterfoil, the latter being always the
larger piece with the unnotched end
as a kind of handle. The smaller piece
was then taken by the payee, the larger
sent to the person on whom the check
was drawn, generally a collector of
customs or other revenues, public or
private. He would honor the check on
finding that the two pieces fitted and
had the amount credited to him by the
drawer on returning them together to
him. Thus were the great danger and
expense of transporting large sums of
coin avoided.

Forgery of a tally was obviously im-
possible unless a new counterfoil could
be substituted, and if stolen in the or-
dinary way it would be of little use to
the thief, for, unlike our checks, there
was nothing to show on whom it was
drawn.

There are still a good many tallies in
existence, but the majority were burn-
ed in the great fire which destroyed the
old houses of parliament. The remain-
der are chiefly to be found in the pub-
lic record office and no doubt also in
the muniment rooms of great land-
owners.

THE DIVINE NAME.

Ineffable Word That Is Never Used
by Many Israelites.

An eminent rabbi has given his view
of the ancient Jewish rendering of the
name of the Deity. He says that the
term "Jehovah," the ineffable tetra-
grammaton, is never pronounced by
many Israelites. They use the word
"Adonai," which signifies "the Lord." The
translators of the Bible followed this
custom, rendering the word "Jehovah"
as "Lord." In ancient times the
Pharisees replaced the tetragrammaton
by Shem. They used "Shemo," which
is also Biblical, as the sacred name,
and this name is yet retained to some
extent among the Jews. But it would
appear from passages in the Psalms that
Adonai, or Lord, for Jehovah was more
ancient even than the times of the
Pharisees. It thus occurs eight times
in Psalm lxxxiv. It also appears in the
book of Exodus, where "Jehovah" had
been used in the original Hebrew. This
substitution would seem to be older than
any other, and it is yet common among
all Jews.

The rabbi says he has found that the
ancient translations testify in favor of
"Adonai."

Looking at the English translation of
the Old Testament, it will be found
that the name Jehovah appears in the
books of Genesis, Exodus, Judges, the
Psalms and Isaiah. It is not in the
New Testament.

The Advice of Experience.

It has sometimes been remarked by
the student of child life that the only
child learns to read sooner than the
child belonging to a large family. There
may or may not be psychological rea-
sons for this, but the story of the small
boy of five who was struggling with
his alphabet blocks for the first time
may be enlightening to those who wish
for reasons. The small boy was really
rather interested than otherwise in the
large A that fulfilled its usual function
of standing for an apple tree, but he
had a brother who was nearly eight.
"You leave 'em alone," advised the
brother; "if you once begin to read you
can never leave off."—London Chroni-
cle.

Acting Naturally.

It often requires courage to be nat-
ural—a higher form of courage than
that which marches behind the safe end
of a gun. Moral courage which is not
dependent on appearance or intimidat-
ed by custom is a finer quality than the
daring of the speculator or the un-
flinching nerve of the soldier exposed
to the fire of an enemy. It takes the
best stamp of bravery to be true to
oneself, and he who is loyal to the in-
ner voice, who keeps faith with himself
and maintains self respect, wins a vic-
tory in the battle of life. To live un-
daunted by the demands of unworthy
conventionalism is not to live in vain.

STRANGE ADVICE!



Dr. C. G. Green gives alert personal attention
to his great humanitarian contract.

In our Almanac for many years past we
have given unusual advice to those afflic-
ted with coughs, colds, throat or lung
troubles or consumption. We have told
them if they did not receive any special
benefit after the use of one 75-cent size
bottle of German Syrup, to consult their
doctor. We did not ask them or urge
them to use a large number of bottles, as
is the case in the advertising of many
other remedies. Our confidence in Ger-
man Syrup makes it possible for us to
give such advice. We know by the ex-
perience of over 35 years that one 75-cent
bottle of German Syrup will speedily re-
lieve or cure the worst coughs, colds,
bronchial or lung troubles—and that,
even in bad cases of consumption, one
large bottle of German Syrup will work
wonders. New trial bottles, 25c.; regu-
lar size, 75c. At all druggists.

G. S. VARDEN & SON.

Free Reclining Chair Cars.

The Southern Railway has inaugu-
rated free reclining chair car service
between Louisville and Evansville on
their fast through trains leaving Loui-
sville at 7:30 a. m. and 5 p. m. daily,
and running solid to Evansville, with-
out change. This line also operates
free reclining chair cars on night
Lexington and Danville to St. Louis,
also Pullman Sleeper through from
Danville to St. Louis. The Southern
Railway is 23 miles the shortest from
Louisville to Nashville and forty-three
miles the shortest to St. Louis. tt

BLOCK LIGHTS.

I have a large stock of the famous
Block Gas Lamps. Lamp and mantel
complete, only 50 cents.

J. J. CONNELLY.

For Sale Privately.

I offer for sale privately my home
on Higgins avenue, adjoining the
residence of Wm. Howard. It contains
four rooms, 3 newly papered, pantry
and large clothes press. This is one of
the best located cottage properties in
Paris, and will always command a first-
class tenant. The house is new and
in excellent repair, cistern at door.
Will make a nice little home or a good
permanent investment. Terms liberal
if wanted. Possession given about Sep-
tember 1st. For further information
apply to the undersigned at the Dem-
ocrat office.

LEWIS T. LILLESTON.

The Cynthia Fair, August 1, 2, 3,
4. Smitties Band, Floral Hall, Trot-
ting. Liberal premiums. Write for
catalogue. 10-2t

Good News to Women.

Father William's Indian Tea,
Nature's Remedy, is becoming the
most popular Female Remedy in
use.

Pale, Weak, Nervous, Delicate
Women suffering from those weak-
nesses and diseases, peculiar to their
sex, will find in Father William's
Indian Tea a wonderful Tonic and
Regulator. It quiets the Nerves, puts
on flesh, gives strength and elasticity
to the step, brightens the eyes, clears
the complexion and makes you well
and strong again. Tea or Tablets, 20
cents. For sale by W. T. Brooks.

Huge Task.

It was a huge task to undertake the
cure of such a bad case of kidney dis-
ease, as that of C. F. Collier, of Cher-
okee, Iowa, but Electric Bitters did
it. He writes: "My kidneys were so
far gone, I could not sit on a chair
without a cushion; and suffered from
dreadful backache, headache and de-
pression. In Electric Bitters, how-
ever, I found a cure, and by them
was restored to perfect health. I
recommend this great tonic medicine
to all with weak kidneys, liver or
stomach." Guaranteed by Oberdorfer,
the druggist. Price 50c.

Mother's Ear

A WORD IN MOTHER'S EAR: WHEN
NURSING AN INFANT, AND IN THE
MONTHS THAT COME BEFORE THAT
TIME.

SCOTT'S EMULSION

SUPPLIES THE EXTRA STRENGTH AND
NOURISHMENT SO NECESSARY FOR
THE HEALTH OF BOTH MOTHER AND
CHILD.

Send for free sample.
SCOTT & BOWNE, Chemists,
409-415 Pearl Street, New York.
50c. and \$1.00; all druggists.